

“ Getting distracted by negative noises is the only real obstacle to **achieving your dreams** ”

### Biography

As an expert in Managing Change, Transforming Culture, and Driving effective Strategy Formation, Talent Acquisition and Retention, and Process Design, Dr. Nahla Khaddage Bou-Diab has been recognized as a credible leader, earning 7 awards for leadership excellence since 2015.

Nahla is considered an expert in building organizational resilience, she has earned her Doctorate Degree from University of Liverpool, for her research on «Spirituality in the Organization», which was recognized as an important contribution to both scholarly and practitioner knowledge. She is the Head of Women Empowerment for the World Union of Arab Bankers, and in that capacity, Nahla broke new grounds by launching the first charter for Gender Diversity in the Arab World, the charter was approved and formalized by WUAB's board of directors, and has been featured by OECD in their June 2020 publication. Nahla has been featured in the media on multiple occasions to share her expertise on organizations, gender diversity, and managing change.

With over 37 years of experience in Senior Management in Canada and Lebanon, Nahla led the restructuring of several organizations in Canada including her contribution to the reorganization of the Central Bank of Canada. She moved to Lebanon in 1997 where she launched Management Consulting Services for Ernst & Young Lebanon. Nahla taught «Change Management» in the Executive MBA program at American University of Beirut for 10 years, until 2017, in addition, Nahla also provided mentorship and contributed to the success of many start-up companies, as part of the Endeavor Entrepreneurs program.

Nahla joined AM Bank s.a.l. in the year 2000 and is currently the Deputy General Manager- COO of the Bank. She is an active Mentor at Endeavor, and volunteers her time to support SMEs by helping young entrepreneurs to effectively drive their business. She also provided mentorship and contributed to the success of many start-up companies, as part of the Endeavor Entrepreneurs program.



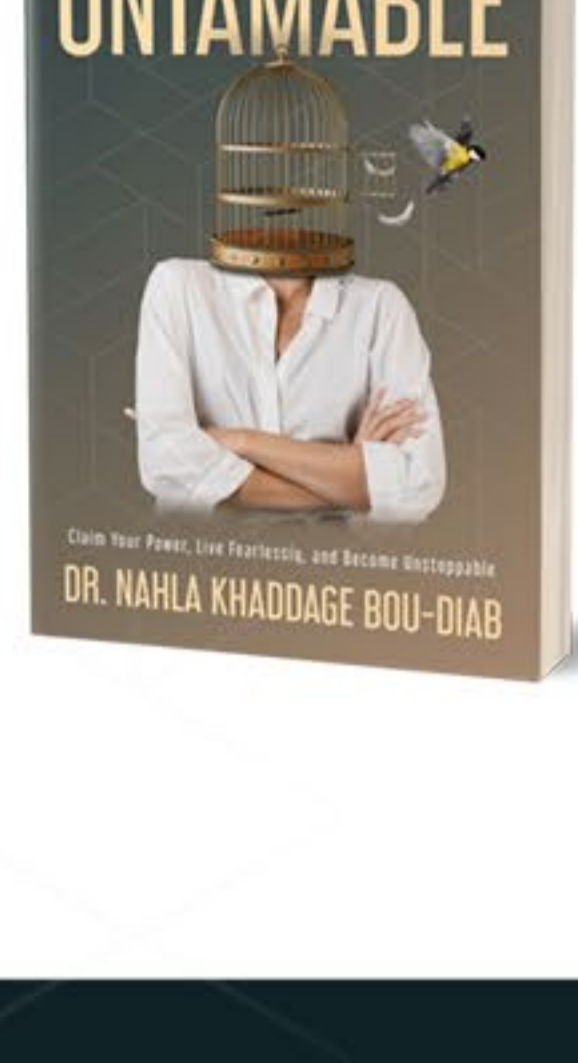
### Book Description

Turning a hardship into profound personal growth is absolutely possible—even in the face of insurmountable challenges—with the simple yet powerful lessons presented in *Untamable: Claim Your Power, Live Fearlessly, and Become Unstoppable*.

Using her own painful and extraordinary story, Dr. Bou-Diab illustrates how she overcame adversity and achieved success, to become the industry leader she is today. *Untamable* shares how to:

- Learn to unleash the power of your thinking, and free yourself from negative distractions
- Discover reliable and simple evidence-based method for transformation
- Develop a greater sense of awareness in business and everyday life
- Trust and connect to a Universal Power
- Tap into the powerful flow of gratitude daily
- Let go of what you can't control and become the master of your future

In this accessible and highly motivating book, Dr. Bou-Diab teaches a reliable and simple evidenced-based method for transforming your hardships into success. You will learn how developing your awareness, trusting and connecting to a universal power, feeling gratitude, and letting go of what you don't control can make you the master of your future, no matter how many odds may be stacked against you.



### Recommendation

Part novel, part self-help guide, *Untamable* is a compelling personal story of one woman's ability to turn challenges into opportunities, and the lessons we can all take from her journey. In the first half, Dr. Nahla Khaddage Bou-Diab shares the personal and professional struggles she faced throughout her life, from assimilating to new countries to navigating low family expectations for girls to managing workplace harassment. She then uses these experiences to illustrate how we can all shift our thinking, and - in her words - "to see challenges as opportunities for growth." How? By adopting core guiding principles that help us achieve greater happiness and reach our full potential. I can't think of a more important message. - Catherine Sanderson, PhD, Author of *The Positive Shift*

An inspiring story of how letting go and being one-with the universe can let come exactly the life that is ours to lead and learn from. - Ginny Whitelaw, PhD, author of *Resonate*, CEO of Institute for Zen Leadership

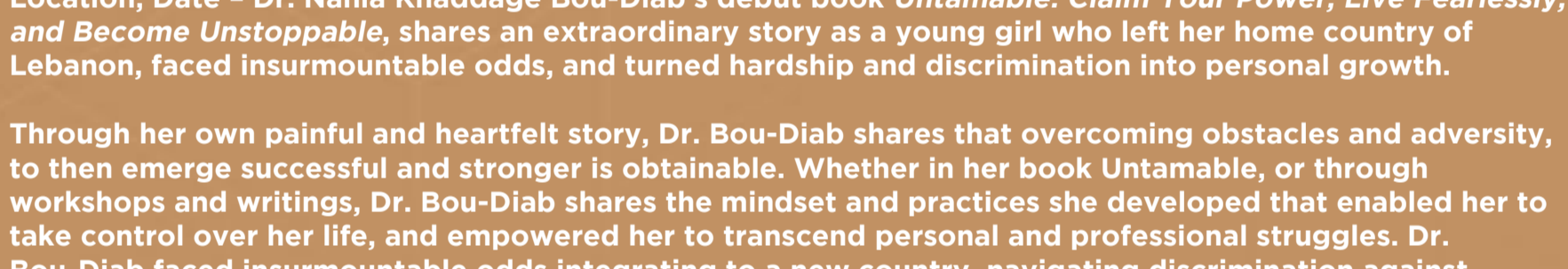
Every person has a purpose, a calling, and unique dreams that are ours alone. Dr. Nahla Khaddage Bou-Diab's insightful book demonstrates how to thrive, meet life's challenges head-on with confidence—providing a pathway to understanding how to manifest our dreams and live an authentic life." - Maryann Ridini Spencer, award-winning screenwriter/producer, *Simply Delicious Living* TV host and author of the *Kate Grace* Novels «*Lady in the Window*», «*The Paradise Table*», and «*Secrets of Grace Manor*»

*Untamable* gives you the straight path to light up your heart and connect with the love in you and the universe. Dr. Khaddage Bou-Diab through her transparency shares her pain and light, dualities and integrity, and the essence of what makes each human being a success story - Love"- Dr. Foojan Zeine - Renown Psychotherapist and the author of «*Life Reset: The Awareness Integration Path to Create the Life You Want*»

In *Untamable: Claim Your Power, Live Fearlessly, and Become Unstoppable*, Nahla Bou-Diab deep dives fearlessly into her own journey with courage and optimism. Her insights offer a powerful light to any reader stumbling through the darkness of life's adversities. If you are looking for a way to find the blessings in misfortune, let Bou-Diab be your guide. -- Laurie Nadel, Ph.D. *The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes*

Everyday empowerment is at the heart of my work as a sophrologist. This book beautifully illustrates how you can tap into the power of your dreams and hopes to positively transform your circumstances. - Dominique Antiglo, Sophrologist, Author of «*The Life-Changing power of Sophrology*» and BeSophro Founder

### Photo Gallery



### Press Release

#### Untamable: Claim Your Power, Live Fearlessly, and Become Unstoppable

Location, Date – Dr. Nahla Khaddage Bou-Diab's debut book *Untamable: Claim Your Power, Live Fearlessly, and Become Unstoppable*, shares an extraordinary story as a young girl who left her home country of Lebanon, faced insurmountable odds, and turned hardship and discrimination into personal growth.

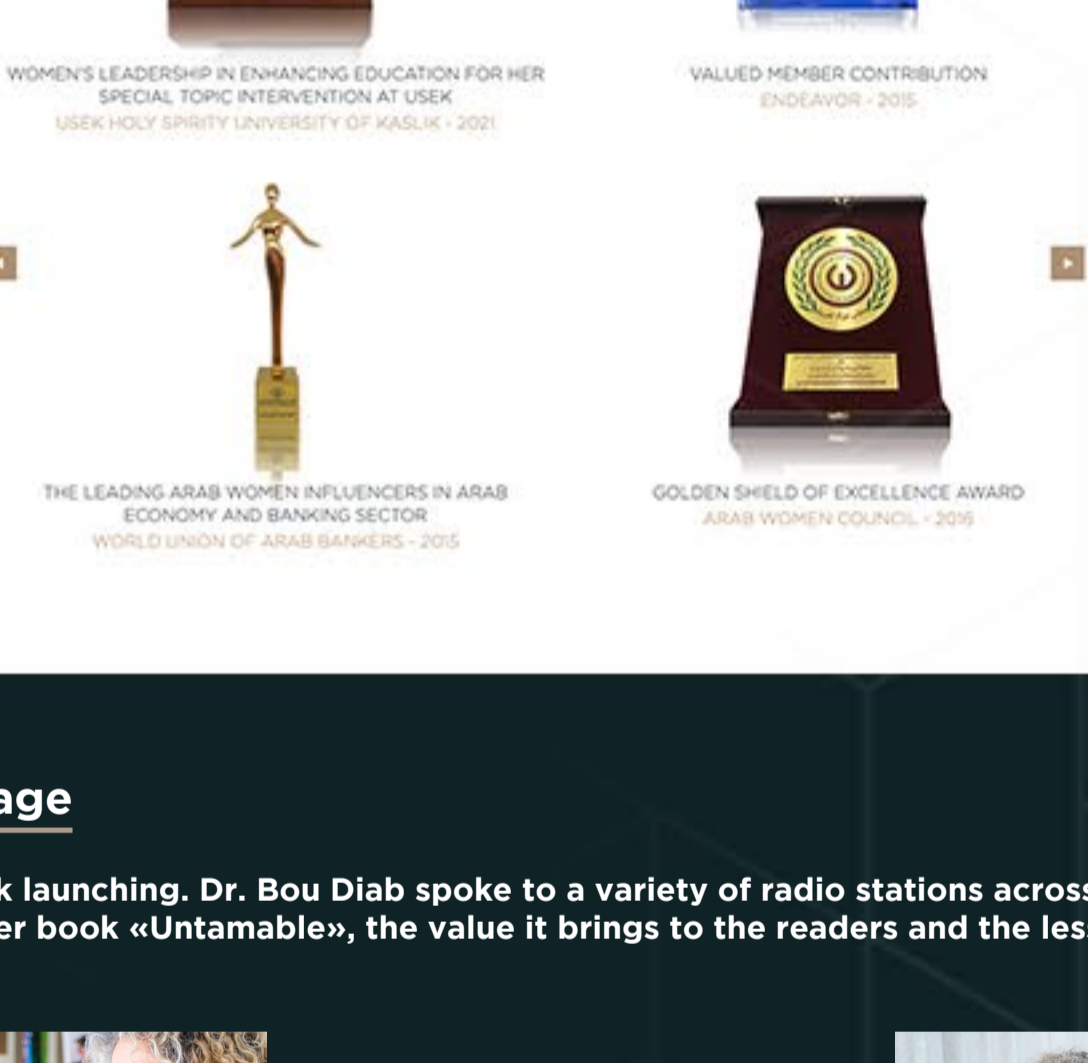
Through her own painful and heartfelt story, Dr. Bou-Diab shares that overcoming obstacles and adversity, to then emerge successful and stronger is obtainable. Whether in her book *Untamable*, or through workshops and writings, Dr. Bou-Diab shares the mindset and practices she developed that enabled her to take control over her life, and empowered her to transcend personal and professional struggles. Dr. Bou-Diab faced insurmountable odds integrating to a new country, navigating discrimination against women, and managing extreme workplace harassment.

According to Maryann Ridini Spencer, award-winning screenwriter/producer, TV host of *Simply Delicious Living*: "Every person has a purpose, a calling, and unique dreams that are ours alone. Dr. Nahla Khaddage Bou-Diab's insightful book demonstrates how to thrive, meet life's challenges head-on with confidence - providing a pathway to understanding how to manifest our dreams and live an authentic life."

Learning to thrive in challenging circumstances while maintaining a positive outlook is challenging for most. When coupled with the ability to see beyond the negative distractions of life, there is a true sense of freedom, inner-peace, and discernment that arises. Through Dr. Bou-Diab's reliable and simple evidence-based concepts, she has assisted corporations, businesses, professionals, and people to learn these practices and transform themselves, their businesses, and their lives.

Dr. Nahla Khaddage Bou-Diab is as an expert in change management, transforming culture, driving effective strategy formation, diversity & inclusion, and building resilient & empowering organizations. She was recognized as a top industry leader, earning seven awards for Leadership Excellence since 2015. Dr. Bou-Diab earned her Doctorate Degree from University of Liverpool for her research regarding «Spirituality in the Organization». She is the Head of Women Empowerment for the World Union of Arab Bankers, and in that capacity, broke new grounds by launching the first charter for Gender Diversity in the Arab World.

### Awards



WOMEN'S LEADERSHIP IN ENHANCING EDUCATION FOR HER SPECIAL TOPIC INTERVENTION AT USEK  
USERS HOLY TRINITY UNIVERSITY OF RASHEID - 2021

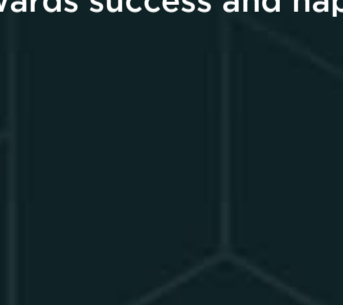
VALUED MEMBER CONTRIBUTION  
ENDEAVOR - 2015

THE LEADING ARAB WOMEN INFLUENCERS IN ARAB ECONOMY AND BANKING SECTOR  
WORLD UNION OF ARAB BANKERS - 2015

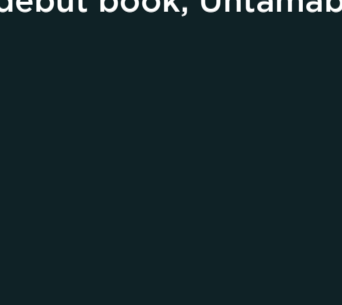
GOLDEN SHIELD OF EXCELLENCE AWARD  
ARAB WOMEN COUNCIL - 2015

### Media Coverage

As part of her book launching, Dr. Bou Diab spoke to a variety of radio stations across the US discussing the story behind her book «*Untamable*», the value it brings to the readers and the lessons it teaches.



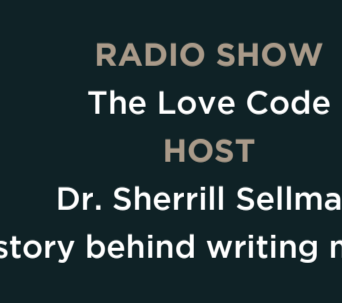
**RADIO SHOW**  
Moments with Marianne Pestana on KMET 1490AM & 98.1FM ABC Talk Radio.  
HOST  
Marianne Pestana  
"Talking about how extreme hardship can transform you towards success and happiness."



**RADIO SHOW**  
Bringing inspiration to earth show on BITE Radio  
HOST  
Robert Sharpe  
"Discussing my life journey as well as my debut book; *Untamable*."



**RADIO SHOW**  
Voices of courage  
HOST  
Ken D. Foster  
"Discussing my newly released book; *Untamable*, and my journey to success."



**RADIO SHOW**  
The Love Code  
HOST  
Dr. Sherrill Sellman  
The story behind writing my book."

### Oneness



ONENESS OFFSHORE

### Contact

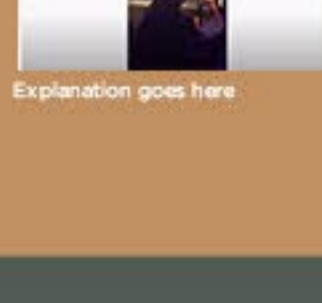
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